### 50 Health Conditions Benefited by Yoga (as shown in scientific studies)

<p>| | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>1</td>
<td>Alcoholism and Other Drug Abuse</td>
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<tr>
<td>3</td>
<td>Asthma</td>
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<td>5</td>
<td>Back Pain</td>
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<td>7</td>
<td>Cancer</td>
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<tr>
<td>9</td>
<td>Chronic Obstructive Pulmonary Disease (COPD), e.g. Emphysema</td>
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<tr>
<td>11</td>
<td>Depression</td>
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<td>13</td>
<td>Drug Withdrawal</td>
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<td>15</td>
<td>Epilepsy</td>
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<td>17</td>
<td>Heart Disease</td>
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<td>19</td>
<td>Infertility</td>
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<td>21</td>
<td>Hemorrhoids</td>
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<tr>
<td>23</td>
<td>Hyperkyphosis (Excessive Curvature of Thoracic Spine)</td>
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<tr>
<td>25</td>
<td>Kidney Failure</td>
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<tr>
<td>27</td>
<td>Menopausal (and Perimenopausal) Symptoms</td>
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<td>29</td>
<td>Multiple Sclerosis</td>
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<td>31</td>
<td>Obsessive Compulsive Disorder (OCD)</td>
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<td>33</td>
<td>Osteoarthritis (Degenerative Arthritis)</td>
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<td>35</td>
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<td>Post-Operative Recovery</td>
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<td>41</td>
<td>Pregnancy (Both Normal and Complicated)</td>
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<td>43</td>
<td>Psoriasis</td>
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<td>Rhinitis (Inflammation of the Nose)</td>
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<td>47</td>
<td>Scoliosis (Curvature of the Spine)</td>
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<td>49</td>
<td>Tuberculosis</td>
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<td>Anxiety</td>
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<td>4</td>
<td>Attention Deficit Hyperactivity Disorder (ADHD)</td>
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<td>6</td>
<td>Balance Problems</td>
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<td>8</td>
<td>Carpal Tunnel Syndrome</td>
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<td>10</td>
<td>Congestive Heart Failure</td>
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<tr>
<td>12</td>
<td>Diabetes</td>
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<td>14</td>
<td>Eating Disorders</td>
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<td>16</td>
<td>Fibromyalgia</td>
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<td>18</td>
<td>HIV/AIDS</td>
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<td>Insomnia</td>
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<td>22</td>
<td>High Blood Pressure</td>
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<td>24</td>
<td>Irritable Bowel Syndrome</td>
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<td>26</td>
<td>Mental Retardation</td>
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<td>28</td>
<td>Migraine and Tension Headaches</td>
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<td>30</td>
<td>Neuroses (e.g. Phobias)</td>
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<tr>
<td>32</td>
<td>Osteoporosis</td>
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<td>34</td>
<td>Pancreatitis (Chronic)</td>
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<td>36</td>
<td>Pleural Effusion (Fluid Collection in the Lining of the Lung)</td>
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<td>38</td>
<td>Post-Polio Syndrome</td>
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<td>40</td>
<td>Post-Stroke Rehabilitation</td>
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<td>42</td>
<td>Premature Ejaculation</td>
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<td>Rheumatoid Arthritis</td>
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<td>46</td>
<td>Schizophrenia</td>
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<td>48</td>
<td>Sinusitis</td>
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<td>50</td>
<td>Urinary Stress Incontinence</td>
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from *Yoga as Medicine: The Yogic Prescription for Health and Healing* (Bantam)  
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Alcoholism and Other Drug Abuse


Anxiety


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Back Pain


Balance Problems


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Cancer


Carpal Tunnel Syndrome


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**Chronic Obstructive Pulmonary Disease (e.g. Emphysema)**


**Congestive Heart Failure**


**Depression**


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Diabetes


Singh S; Malhotra V; Singh KP; Sharma SB; Madhu SV; Tandon OP. A preliminary report on the role of Yoga Asanas on oxidative stress in non-insulin dependent diabetes mellitus. Indian Journal of Clinical Biochemistry. 2001 Jul; 16(2): 216-20


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**Epilepsy**


**Fibromyalgia**


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Post Heart Attack Rehabilitation


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Post-Operative Recovery

Tyagi I; Sharma UD; Bajaj P; Husain T; Gupta S; Lamba PS; Khan A. Evaluation of pink city lung exerciser for prevention of pulmonary complications following upper abdominal surgery. Indian Journal of Anaesthesia. 1991 Dec; 39(6): 198-203

Post-Stroke Rehabilitation


Pregnancy (Both Normal and Complicated)

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Schizophrenia


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Tuberculosis


Urinary Stress Incontinence


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